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U. S. Department of Agriculture

## HOUSEHOLD CALENDAR

A radio talk by Mrs. Rowena Schmitt Carpenter, Bureau of Home Economics, delivered on Thursday, August 7, through 38 associated stations of the National Broadcasting Company in the National Farm and Home Hour.

How do you do, Homemakers:

I told you last week that Mrs. Yeatman was coming with me today to give you the benefit of her extensive experience in making fruit butters, jams, marmalades, preserves, and conserves. While she was acting as judge at a fair recently, Mrs. Yeatman found that the names of sugar preserved products were used very differently by different women. The jams sent by one homemaker were much like the marmalades exhibited by another, and so on. There really are standards for each product and I thought you might be interested in hearing about how Mrs. Yeatman classifies them.

MRS. YEATMAN:

I am sure that many of you have had as much experience as I in preserving, and you are accustomed to certain names for the things you put up, but if you ever want to send any of your most excellent home preserved products to a county or State fair exhibit, you might, as Mrs. Carpenter said, be very glad to check them with the standard descriptions.

There are really six homemade fruit products preserved by the use of a large quantity of sugar: Jellies, preserves, jams, marmalades, conserves, and butters. In all of them, with the exception of the butters, either three-fourths as much sugar as fruit by weight or equal weights of sugar and fruit are used. In applying this rule the fruit should be weighed after it is prepared. Since we talked to you about jelly making so recently, I shall skip jellies today, and begin with preserves.

Preserves are, accurately speaking, whole or large pieces of fruit cooked in a heavy sugar solution until the fruit is clear and transparent, tender and yet firm enough to retain its shape. These special qualities of texture and transparency are attained by the effect of the heavy sugar solution on the structure of the fruit. In cooking, some of the sugar syrup penetrates into the flesh of the fruit and some of the fruit and some of the fruit juices are drawn out into the sugar syrup. The concentration or heaviness of the syrup must vary with the kind of fruit. If the syrup is too heavy for fruit that is hard, such as quinces and firm pears, the sugar tends to toughen and harden the fruit flesh, and long cooking only increases the hardness. On the other hand, in making preserves from soft juicy fruits, such as strawberries, no water at all is used in making the syrup. Juice is extracted from some of the small, very ripe berries, and this juice with sugar is made into syrup which must even then be boiled down before the preserve making is begun. Making preserves from ripe peaches is a little different because the flesh is softer than pears but not so juicy and soft as strawberries. The aim is the same in all three types: Clear, transparent, tender, firm fruit either

whole or in large pieces in a heavy sirup. Since quinces will be in season before you hear from me again, I shall give you my directions for quince preserves today:

Quince Preserves

6 pounds sugar  
3-1/2 quarts water  
8 pounds pared and sliced quinces

Cook the sugar and water together for about 3 minutes. Add the quinces and cook for 1 to 1-1/2 hours, or until the fruit is tender and somewhat clear. Pour the preserves while hot into hot, sterilized glass jars, seal, label, and store in a cool place.

Jam is another fruit product preserved with a large proportion of sugar. Jams are made from berries, other small fruits, or large fruit cut into small pieces. The outstanding difference between preserves and jams is that in preserves the large firm pieces of fruit are distinct from the sirup, while in jams the soft mass of fruit is partly blended with the sirup.

Marmalades are perhaps most often made from the citrus fruits, orange, grapefruit and lemon, but they may be made from other fruits, too, which have such structure that the skin or pulp can be used. Marmalades have as their base a clear jelly-like mass in which thin pieces of peel and pulp are suspended. Aside from citrus fruit marmalades, grape and peach marmalade are old favorites.

Conserves are a mixture of two or more fruits, sugar, and chopped nut meats, cooked until thick.

Butters are a true "spread", made from fruit pulp, sweetened and spiced and cooked down to a thick mass. Fresh fruit which has been pressed through a colander or sieve or fruit pomace left from first extraction of juice in jelly making, is used.